

Queensland Race Walking Club Inc.

Building on a fine tradition of race walking, 64 years in the making.



HEEL & TOE

July 25th 2019

2019 QUEENSLAND ATHLETICS ROAD WALKING CHAMPIONSHIPS



Saturday 27th July 27th Ipswich Cycle Park, Churchill (adjacent to the Ipswich Hockey Association grounds - 36 Huxham Street)

After a slow start entries are starting to build for the QA road walk championships this Saturday. There is still time to lodge your entry on the QA website.

Entries close 9:00am Friday July 26th

We need your help

The QRWC is assisting in the running of this meet and we have offered our services to ensure a safe and efficient carnival. We would appreciate the assistance of our wonderful volunteers in the setting up of the course, lapscoreing, marshalling, time keeping or on the drink station. A "runner" for the judges will be required so we are looking for someone with a bike who like to volunteer for this role.

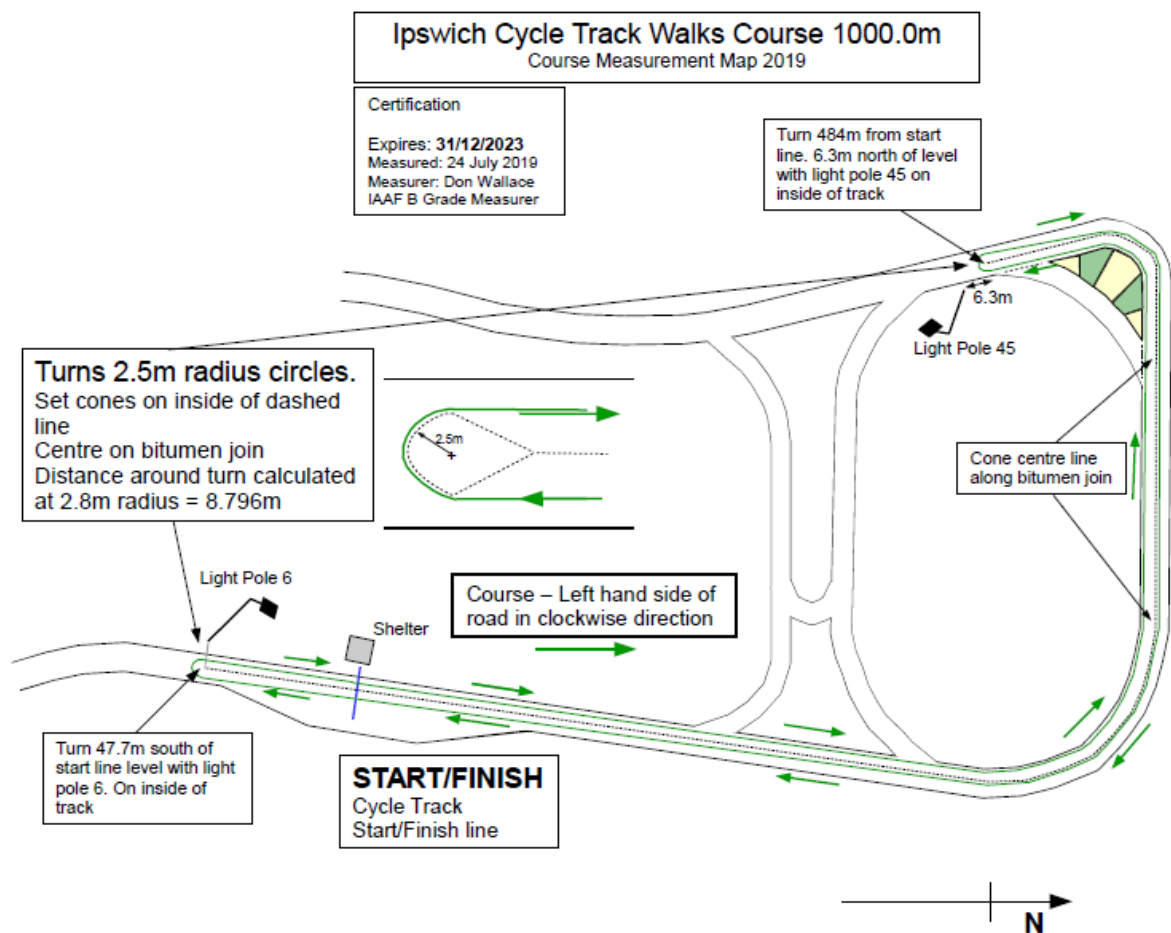
Programme

- 8:00am 20km Open Men
 - Open Women
 - Masters Men 35+ (30+ for QMA)
- 10km Under 20 Men
 - Under 20 Women
 - Under 18 Boys
 - Masters Women 35+ (30+ for QMA)
- 8:30am 5km Under 18 Girls
 - Under 16 Boys
 - Under 16 Girls
- 9:00am 3km Under 14 Girls
 - Under 14 Boys
- 9:30am 2km Under 12 Girls
 - Under 12 Boys
- 1km Under 10 Girls
 - Under 10 Boys

Enter online at www.qldathletics.org.au

Late entries submitted on the day will incur an additional late fee of \$10.00 per athlete.

Venue Note: It is a condition of the permit of use for the cycle track that no food or drink is to be taken onto the circuit, please abide by this rule.



RESULTS RESULTS RESULTS

QRWC Track Meet July 21st, UQ Track, St Lucia

QMA 10,000m Track Championship

M50-54 1 Ignacio Jimenez 48.46

M60-64 1 Peter Bennett 57.30

W75-79 1 Noela McKinven 1.24.33

5,000 metres

Women: (1) Anika Clarke 27.52 (2) Charlotte Hamann 28.26 (3) Jasmine Rose McRoberts 33.44

3,000 metres

Men: (1) Jack Bannister 17.38 (2) Alex Bradley 18.43.

Women: (1) Tamika Gee 16.02 (2) Anika Clarke 17.36 (3) Charlotte Hamann 17.40 (4) Korey Brady 18.03 (5) Sophie Porter 18.14 (6) Torryn Fisher 20.30 (7) Phoebe Chadwick 22.51

1,500 metres

Women: (1) Makenna Clarke 8.57 (2) Olivia Hingst 9.08 (3) Caterina Davey 9.14 (4) Charlotte Brady 10.06 (5) Zoe Davey 10.07 (6) Isabella Gee 10.30

1,000 metres

Men: (1) Blake Gee 7.50.

Numbers were down on Sunday due to other commitment by our athletes but we still had a number of excellent efforts with several pb's and schools qualifiers recorded. Great effort by Anika and Charlotte to both walk pb times in the 5,000 metres and then line up minutes later to race the 3,000 metres. There were smart walks by Tamika Gee & Jack Bannister in the 3,000 metres and by all the young girls in the 1,500 metres field.

Iggy was the overall winner of the Qld Masters 10,000 metres track championships. QMA President, Irene Davey, presented the medals and Iggy received his award for QMA male athlete of the year.

NEXT WEEK

August 4th QRWC Handicap # 9 meet Kalinga Park
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8.00am

- A Grade 10km (Open/U20)
- B Grade 5km (U16/U18/U20)
- C Grade 3km (U14/U16)
- D Grade 2km (U12/14)
- E Grade 1.5km (U12/14)
- F Grade 1km (U8/U10)

August 11th QRWC Handicap # 10 meet Ipswich Cycle Park, Churchill

8.00am

Programme TBA

Australian Road Walk Championships Adelaide September 8th



The Athletics Australia 2019 Australian Winter Road Walk Championships will be held in Adelaide on Sunday September 8th. This meet will be held in conjunction with Race Walking Australia (RWA) events. The venue is War Memorial Drive North Adelaide.

Events Programme

Men

- 8.00am Open - 20km (including Masters 20km RWA Championship event)
- 10.00am Under 20 - 10km
- 10.00am Under 18 - 10km
- 11.15am Under 16 - 5km
- 11.45am Under 14 - 3km
- 12.05 Under 12 - 2km RWA Championship event
- 12.25pm Under 10 Invitation – 1km

Women

- 8.00am Open - 20km
- 8.00am Open - 10km (including Masters 10km RWA Championships event)
- 10.00am Under 20 - 10k
- 10.30 am Under 18 - 5km
- 10.30am Invitation M/W 5km
- 11.15am Under 16 - 5km
- 11.45am Under 14 - 3km
- 12.05pm Under 12 - 2km RWA Championship event
- 12.25pm Under 10 Invitation – 1km

2019 OCEANIA MASTERS CHAMPIONSHIPS MACKAY



<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

Race Walk Programme

Sunday September 1st 10km road walk

Tuesday September 3rd 5km track walk

Friday September 6th 3km track walk



Entries Now Open

<http://australianmastersgames.com>

Track Walks SA Athletics Stadium

Saturday 5th - Tuesday October 8th 8:00am–5:00pm

1,500m Walk

3,000m Walk

5,000m Walk

Road Walk

10km Saturday October 12th: 8:00am Start: Peacock Rd - Adelaide Harriers clubrooms



April 10-13th 2020

There are track races over 5,000 metres and 1,500 metres and a 10km road race which will be conducted by the QRWC.

More Details at <http://www.brisbane2020nationals.com.au/>

Beginners race walk judging course

AA have developed an on-line Level 1 race walk judging course.

<http://athletics.com.au/Officials/Level-1-Important-Information>

Once you have completed this course ask to stand with one of our qualified judges at a road walk meet to learn practical side of judging.

Still to Come

July 27th **Saturday** QA Open & Age Road Walk Championships Ipswich 8.00am
August 4th QRWC Handicap # 9 meet Kalinga Park 8.00am
August 11th QRWC Handicap # 10 meet Ipswich 8.00am
August 11th Australian Masters 20km road championships Adelaide
August 18th QRWC Road Walk Championships Beenleigh 8.00am
August 25th QRWC Track Walk Championships UQ St Lucia 8.00am

Looking further ahead

September 1st Oceania Masters Games Mackay 10km road walk
September 8th Australian Road Walk Championships, Adelaide, SA
September 15th Relay/Trophy/BBQ day Kalinga Park
September 28th - Oct 6th IAAF World Championships Doha, Qatar

Racewalking Queensland

(Trading as the *Queensland Race Walking Club Inc.* ABN 59065512712)

Racewalking Queensland Management Committee 2019/20

President: S. Pearson **Secretary:** N. McKinven
Vice President. P Bennett **Treasurer** R Hamann
Committee. C Goulding, I. Jimenez, S. Langley, T. Norton, S McCure, J. Westlin.
Patrons: Patrick & Maxine Sela
Registrar: T Norton
Delegates to QA: S Pearson, P Bennett
Handicapper/Results: N. McKinven
Social Media/Publicity: C Goulding
QRWC State Coach: D. Smith
Trophy Officer: N. McKinven
Newsletter Editor: P. Bennett
Social Media / Webmaster: C Goulding
Club Captains: Jasmine-Rose McRoberts / Ignacio Jimenez

2019/20 Registration Fees

Family \$40
Students & Officials \$15
Others \$25

Note: To register with Queensland Athletics, you must use their On-Line Registration.
Go to www.qldathletics.org.au

Race Day Fees

Students \$ 4 / Others \$6

Club Championships: Road \$8 / Track \$10

Season Ticket \$60/\$30 (for students) per athlete (for entry to all QRWC events for the season including track and road championships. Does not cover QA, AA or RWA championship and other events organised by those organisations). Recommended if you intend doing all the races during the season and it saves the hassle of trying to find coins to pay your race fees each Sunday.

QRWC Website: www.qrwc.com.au

BlueCard: The club recommends that all volunteers and athletes over 18 apply for a Queensland Government BlueCard. Please read the requirements on who needs a card at the following website. <https://www.bluecard.qld.gov.au/volunteers/howdoiapply.html>
An application form can be printed off from this site.

Contact emails:

grwc1@optusnet.com.au Membership, coaching or general enquiries about the club
racewalkqld@outlook.com Articles for the newsletter, to send in results, to join newsletter mailing list.

About us

Racewalking Queensland conducts its own winter road walk programme from April until September. Thank you to all our contributors of results & reports to this newsletter. We value your input.

For news and information on the Australian Federation of Race Walking (Racewalking Australia) and the member clubs go to www.rwa.org.au

RWA Facebook page <https://www.facebook.com/racewalkingaustralia/>